d. 497.

THE VERTUES OF COFFEE.

Set forth in the WORKS

of { The Lord *Bacon* his *Natural Hiſt.*
Mr. *Parkinſon* his *Herbal*,
Sir *George Sandys* his *Travails*,
James Howel Eſq; his *Epiſtles.*

Collected and Publiſhed for the Satisfaction of the Drinkers thereof.

Arbuſta juvant Humileſq; Muricæ. Virg.

Licenſed and Entred according to Order.

LONDON,

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MVSEVM
BRITAN
NICVM

To the READER.

GENTLEMEN,

Having often Drunk Coffa *(as many other have done) for Company more then of any Knowledge I had of the Vertue of it; nor could I gain it by Diſcourſe with thoſe who ſold of it, nor others which drank thereof dayly; it made me ſearch for ſatisfaction out of the workes of eminent Authors of our own Nation who have made mention of it in their printed works many years before it was in uſe here in* England, *and having found ſoe much as gave me much ſatisfaction of the excellent vertues of it, I think it not amiſs to let others reap the ſame benefit.*

N. D.

The VERTUES of *COFFA.*

Of the Turks *Berry Drink, called* Caova *or* Coffa.

M. *Parkinſons* Herball. pag. 1622.

ALpinus in his Book of *Egyptian* Plants, giveth us the Deſcription of this Tree, which, as he ſaith, he ſaw in the Garden of a certain Captain of the *Janizaries*, which was brought out of *Arabia Fœlix*, and there planted as a rarity, never ſeen growing in thoſe places before. The Tree (ſaith *Alpinus*) is ſomewhat like unto the *Euonymus* Pricketimber Tree, whoſe Leaves were thicker, harder, and greener, and always abiding green on the Tree: The firſt is called *Buna* and is ſomwhat bigger then a Hazel Nut, and longer, round alſo, and pointed at the one end, furrowed alſo on both ſides, yet on one ſide more conſpicuous then the other, that it might be parted into two, in each ſide whereof, lyeth a long ſmall white Kernel, flat on that ſide they joyn together, covered with a yellowiſh skin, of an acide taſt, and ſomwhat bitter withal, and contained in a thin ſhell of a darkiſh Aſh-colour; with theſe Berries generally in *Arabia* and *Egypt*, and in orher places of the *Turks* Dominions, they make a Decoction or Drink wich is inſtead of wine to them, and generally ſold in all their Tap-houſes, called by the name of *Caova* or *Coffa*; this Drink hath many good Phyſical

ſical properties therein, for it ſtrengthneth a weak Stomach, helpeth digeſtion, and the tumours and obſtructions of the Liver and Spleen, being drunk Faſting for ſome time together; the *Egyptian* and *Arabian* women uſe it familiarly while their Courſes hold, to cauſe them to paſſe away with the more eaſe, as alſo to cauſe thoſe to flow that are ſtayed, there bodies being prepared and purged aforehand.

Of the Turks *Berry Drink called* Coffa.

They have in *Turky*, a Drink called *Coffa*, made of a *Berry* of the ſame name, as Black as *Soot*, and of a *ſtrong ſent*, but not *Aromatical*, which they take beaten into Powder in water, as hot as they can drink it, and they take it, and ſit at it in their *Coffa-houſes*, which are like our Taverns. This Drink comforteth the *Brain*, and *Heart*, and helpeth Digeſtion; certainly this Berry Coffa, the Root and leaf Betell, the leaf Tobaco, and the Tear of *Poppy*, (*opium*) of which the *Turks* are great Takers (ſuppoſing it expelleth all fear) do all Condenſe the Spirits, and make them ſtrong and Alacre: But it ſeemeth they are taken after ſeveral manners, for *Coffa* and *Opium* are taken down, *Tobacco* but in *ſmoak*, and *Betel* is but champed in the *Mouth*, with a little *Lime*. It is like there are more if they were well found out and well corrected. Lord *Bacon's Natural Hiſt.* pag. 155.

Of the Drink of the Turks.

Their uſual Drink is pure water, yet have they ſundry Sherbets (ſo call they the confections which they Sir *George Sands* Travails pa. 66. printed 1621.

they infuſe into it, ſome made of Sugar & Lemons, ſome of Violets, and the like (whereof ſome are mixed with *Amber*) which the richer ſort diſſolve thereinto. The *Hony* of *Sio* is excellent for that purpoſe, and they make another of the *juice* of *Raiſins*, of little coſt, and moſt uſually drunk of: Wine is prohibited them by their *Alcoran*, they plant none, they buy none, and death hath been the penalty unto ſuch as preſumed to bring any in; they prefer our Beer above all other Drinks, and conſidering that wine is forbidden, that water is with the Raweſt (eſpecially in this Clime) the dearneſs of Sherbets, and plenty of Barly (being here ſold for not above nine pence a Buſhell) no doubt but it would prove infinitely profitable to ſuch as ſhould bring in the uſe thereof amongſt them: although they be deſtitute of Taverns, yet have they their *Coffa-houſes*, which do ſomthing reſemble them; there ſit they chatting moſt of the day, and ſip of a Drink called *Coffa* (of the Berry that it is made of) in little *China Diſhes*, as hot as they can ſuffer it, black it is as ſoot, taſting not much unlike it (why not that black Broth which was uſed amongſt the *Lacedemonians*) which helpeth, as they ſay, Digeſtion, and procureth Alacrity. Many of the *Coffa-men* keeping beautiful Boys, who ſerve as Stales to procure them Cuſtomers.

Of the Drink of the Turks.

Sir *Hen. Blunt's* Voyage to the *Levant*. p. 191.

Amongſt the *Turks* at this day, the want of wine hath cauſed them to deviſe other Drinks to their meat; for the better ſort *Uſaph*, which is water ſod with

with Raiſins, ſometimes with Hony, but above the reſt they eſteem *Sherbets* made with Sugar, the juice of Lemmons, Peeches, Apricocks, Violets, or other Flowers, Fruits, and Plums, as each Country affords; theſe they dry together into a conſiſtence reaſonable hard, and portable for their uſe in war, or elſewhere, mingling about a ſpoonful with a quart of water, they have another Drink not good at Meat called *Coffa*, made of a *Berry* as big as a ſmall *Bean* dried in a Furnace and beaten to Powder, of a *Soot* colour, in taſt a little bitteriſh; that they ſeeth and drink as hot as may be endured; it is good all hours of the day, but eſpecially Morning and Evening, when to that purpoſe they entertain themſelves two or three hours in *Coffa-houſes*, which in all *Turky* abound more then Inns and Alehouſes with us, it is thought to be the old Black Broth, uſed ſo much by the *Lacedemonians*, and it drieth ill humours in the Stomach, comforteth the Brain, never cauſeth Drunkenneſs, or any other Surfeit, and is a harmleſs entertainment of good fellowſhip, for there upon *Scaffolds* half a yard high and covered with Mats, they ſit croſſe-legg'd after the *Turkiſh* manner, many times two or three hundred together, talking, and likely with ſome poor Muſick paſſing up and down.

--- *But as for the two remarkable Simples which you muſt employ, that is,* Tobacco *and* Coffa, *a man may gueſſe at their rare Efficacy, who obſerves how univerſally they take with mankind, and yet have not the advantage of any pleaſing taſt wherewith to tempt and debauch our Palat, as Wine and other pernicious things have; for at the firſt* Tobacco *is moſt horrid, and* Coffa *inſipid, yet do they both ſo generally prevail, that* Bread *it ſelf is not of ſo univerſal uſe. The* Tartars *and* Arabs

Part of Sir *H. Blunt's* Letter to Mr. Juſtice *Rumſey* printed at the beginning of his *Organon ſalutis* 1659.

two

two great Nations, have little or no uſe of bread, yet they, the Turks, Perſians, *and moſt of the Eaſtern World, have hourly uſe of* Tobacco *and* Coffa, *but eſpecially of* Coffa, *for beſides the innumerable ſtore of* Coffa-houſes, *there is not a private fire without it all day long, they all acknowledge how it freeth them from Crudities cauſed by ill Diet, or moiſt Lodging, inſomuch as they uſing* Coffa *Morning and Evening, have no Conſumptions, which ever come of Moiſture; no Lethargies in aged People, or Rickets in Children, and but few Qualms in Women with Child: But eſpecially they hold it of ſingular prevention againſt the* Stone *and* Gout. *When a* Turk *is ſick he faſts and takes* Coffa, *and if that will not do, he makes his Will, and thinks of no other Phiſick.----*

Part of a letter *James Howell* Eſq. printed in the ſame Book.

---- *Touching* Coffa, *I concur with them in opinion who hold it to be that black Broth which was uſed of old in* Lacedemon, *whereof the Poets ſing, ſurely it muſt needs be ſalutiferous, becauſe ſo many ſagacious, and the witteſt ſort of Nations uſe it ſo much, as they who have converſed with* Saithes *and* Turbants *do well know: But beſides the exſiccant quality it hath to drie up the Crudities of the Stomach, as alſo to comfort the Brain, to fortifie the ſight with its ſteems, and prevent* Dropſies, Gouts, *and the* Scurvy, *together with the* Spleen, *and* Hypocondriacal winds *(all which it doth without any violence or diſtemper at all) I ſay, beſides all theſe qualities, its found already that this* Coffa Drink *hath cauſed a great ſobriety amongſt the Nations; for whereas formerly Apprentices and Clerks with others uſed to take their Mornings Draught in* Ale, Beer, *or* Wine *(which by the Dizzineſſe they cauſe in the Braine, make many unfit for buſineſs) They uſe now to play the goodfellows in this* Wakeful *and civill Drink. Therefore that worthy Gentleman Sr.* James Muddiford, *who introduced the practice hereof firſt to* London *deſerves much reſpect of the whole nation.*

FINIS.